

# Panda Express Menu

## Pick A Meal

**Bowl (240-1010 cal) | starts at \$6.10**

1 entrée & 1 side

**Plate (390-1500 cal) | starts at \$7.20**

2 entrées & 1 side

**Bigger Plate (540-1990 cal) | starts at \$8.70**

3 entrees & 1 side

**Family Feast (240-1990 cal per person) | starts at \$32.00**

3 large entrees & 2 large sides – serves 4-5

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## Entrée Choices

*Check the line for Chef's Specials*

**Orange Chicken (490 cal) – Spicy**

**String Bean Chicken Breast (190 cal) – Wok Smart**

**Kung Pao Chicken (290 cal) – Spicy, Wok Smart**

**Mushroom Chicken (220 cal) – Wok Smart**

**Beijing Beef (470 cal) – Spicy**

**Broccoli Beef (150 cal) – Wok Smart**

**Shanghai Angus Steak (310 cal)\***

**Honey Walnut Shrimp (360 cal)\***

**Grilled Teriyaki Chicken (340 cal) – Wok Smart**

**SweetFire Chicken Breast (380 cal) – Spicy**

**Black Pepper Chicken (280 cal) – Wok Smart**

## Side Choices

*Choose One or get Half & Half*

**Chow Mein (510 cal)**

**Super Greens (90 cal)**

**Fried Rice (520 cal)**

**White Steamed Rice (380 cal)**

**Brown Steamed Rice (420 cal)**

\*Additional Premium Charge: Entrée + \$1.25 | Family Feast Entrée +\$3.75

Wok Smart | 300 calories or less & at least 8g of protein

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## A La Carte Boxes

**Entrees (150-1960 cal)**

**Sm \$3.90 | Premium entrée \$5.15**

**Med \$7.20 | Premium Entrée \$9.40**

**Lg \$9.90 | Premium Entrée \$13.65**

**Sides (90-1040 cal)**

**Med \$2.90**

**Lg \$3.90**

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## More Choices

**Chicken Egg Roll (200 cal) | \$1.95**

**Veggie Spring Rolls (2) (190 cal) | \$1.95**

**Cream Cheese Rangoons (3) (190 cal) | \$1.95**

## Drinks

**Fountain (0-510 cal) | \$1.99 | \$2.09 | \$2.19**

**Bottled Water (0 cal) | \$1.89**

**Bottled Drinks (0-240 cal) | \$1.99**

**Juice (170-180 cal) | \$2.09**

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available upon request.